TREAT YOURELF AT LOBBY SUCCULENT STEAK AND SEAFOOD {page 12}

THE SKINNY ON USING NEEDLES TO LOSE THOSE WRINKLES {page 11}

BABY TALK

DON'T GIVE THIS BRIDESMAID YOUR TWO CENTS {page 8}

WINNIPEG metro®

Tuesday, May 10, 2011
www.metronews.ca

News worth sharing.

150 homes sacrificed

Manitoba government declares provincial state of emergency Residents affected by controlled breach to receive provincial aid

The province announced late yesterday they will deliberately flood about 150 homes in rural Manitoba to save the rest.

Officials said the controlled breach, which will affect 225 square kilometres in the Elm River area, is necessary to prevent uncontrolled dike breaches along the Assiniboine River.

The release will happen on the south side of the Assiniboine dikes.

Emergency Measures Minister Steve Ashton said if the province does not take this step, 850 homes and more than 500 square kilometres would be at risk should an uncontrolled breach occur.

He called the risk of such a breach "very high."

The controlled breach may happen as early as tomorrow.

Yesterday, officials evacuated about 900 homes in a widespread area of Brandon known as "The Flats" as a precautionary measure.

Mayor Shari Decter Hirst says the evacuation is mandatory and that all persons affected have been asked to register with emergency authorities at the city's Keystone Centre.

"It's time to go," she said yesterday. "We can't be waiting until the last minute. We've got to start moving people out."

The province declared a provincial state of emergency yesterday to deal with what they're calling the "imminent threat" of flooding in the city of Portage la Prairie and the rural municipalities of Portage la Prairie, Woodlands, Rosser, St. Francois Xavier, Headingley, Cartier, Macdonald and Grey.

Troops ordered by Prime Minister Stephen Harper to help with the flood-relief efforts began arriving yesterday, with reports of trucks ferrying troops and dozens of trucks loaded with sandbags.

ELISHA DACEY/
WITH FILES FROM THE CANADIAN PRESS

Water levels rising

Residents from Portage la Prairie to Headingley are now on evacuation notice.

- **Water levels** in Brandon are already past the record levels set in 1923.
- **At least 2.7 million** sandbags will be deployed this week in an effort to stem water.
- **About 100 troops** have arrived in Portage la Prairie.
- **600 more troops** will arrive in the province over the next two days.
- **Also helping** with the sandbagging efforts: Supervised crews from the Brandon Correctional Centre.
- **Residents** along the Assiniboine River are being told to raise dikes two feet over the next two days.
- **Evacuation:** 175 people from Lake St. Martin First Nation have been evacuated due to loss of safe road access.

JOHN WOODS/THE CANADIAN PRESS

▶ Military personnel from the C Company, 2PPCLI, help sandbag yesterday just outside Poplar Point, Man.

City dogs

Cracking down on Rover

Winnipeg Animal Services wants the city to adopt a new approach to dog licences {page 3}

Name dropper

Pattinson admits he has told some royal whoppers in his day {page 9}

Canada a hacker's paradise?

Surge in phishing sites hosted in our country: Report {page 4}

Enlist nuts in the fight against fat

They taste great, deliver elusive nutrients and keep you feeling full between meals {page 10}

1 news

Egypt faces the growing power of Islamic hardliners amid post-Mubarak rioting. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

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On the web at metronews.ca

Despite threats, hundreds of Afghan children file off to school for their first days of formal education. Video at metronews.ca

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Appeal court reduces driving ban

Manitoba's highest court has cut down the driving ban given to a woman who killed two men in a massive downtown-Winnipeg crash.

Lucy Muthoka, 53, is serving a two-year suspended sentence and had been forbidden to drive for 10 years after she pleaded guilty to dangerous driving causing the deaths of James Ross and William Halcrow.

Muthoka appealed the driving ban, saying it was harsh and excessive.

In a decision delivered yesterday, the Manitoba Court of Appeal agreed with her and cut the ban down to four years.

The court said questions of Muthoka's competence as a driver were better left to the provincial licensing department than to the judge who sentenced her.

"Other than (Muthoka's) momentary lapse on this occasion … there was no evidence before the judge to suggest this was anything more than a brief but tragic isolated incident," Justice Richard Chartier stated.

Muthoka was leaving a nearby parkade during rush hour on June 25, 2008, when she stepped on the gas instead of the brake. When the vehicle took off, "she panicked," Chartier said, and lost control of the vehicle.

The victims were from Cross Lake First Nation and had come to the city for medical appointments. Another man was also injured, but survived.

It took police more than six months to lay charges in the case due to having to reconstruct the accident scene, which they described as chaotic.

JAMES TURNER

Songwriter broods on her choice of roadies

Husband, two kids joined Murphy on tour Her family 'saw both oceans and everything in between'

When a singer goes on tour, the first order of business isn't usually to make sure there's enough room in the car for the kids.

But that's exactly what Winnipeg singer/songwriter Katie Murphy did — she just got back from a gruelling six-week tour that included her husband and her two kids, ages 8 and 5.

"It started out as an adventure and it ended as a prison," laughed Murphy.

Murphy and her family spent the first three weeks in Western Canada, only to turn around and drive back through Winnipeg to spend the next three weeks in Eastern Canada.

Her husband, Sean Brown, is also a musician, so it wasn't difficult for him to get time off work, said Murphy. The kids, however, were a different story.

"We went to the schools, talked to the principal, got their homework from the teachers … off we went."

Murphy said she's not sure she would do it again. "Not for that length of time, certainly."

Murphy said she played a total of 17 gigs in support of her second CD, which will be released on Friday. "Reception was different in every city," she said.

ELISHA DACEY

CD release party

- **Friday, May 13:** VP Nights (upstairs), 1480 Pembina Hwy.
- **Tickets:** $15 at door.
- **Website:** katiemurphy.ca.

CONTRIBUTED

▶ Katie Murphy's album Exes & Uh-Ohs will be released this Friday (the 13th!).

Convict targeted in hit: Cops

A man serving time after opening fire at police and others outside an Exchange District club was the victim of an attempted murder plot while in prison, RCMP believe.

RCMP have made two arrests after the 32-year-old Stony Mountain Institution inmate was seriously stabbed — allegedly by fellow prisoners — in mid-March.

The March 8 fracas sent the medium-security prison into lockdown and the victim was rushed to hospital in Winnipeg.

Two men, both 21, are facing attempted-murder charges, and further arrests are possible.

The victim is serving the remainder of a 10-year sentence for shooting a man in an early morning scuffle outside the Alive in the District nightclub in July 2007.

Police in the area at the time ordered him to drop the gun, then shot him after he refused and fired in their direction.

JAMES TURNER

News in brief

Cheques in mail, public insurer says

VEHICLE INSURANCE. Waiting for your rebate cheque? They went out yesterday.

Manitoba Public Insurance sent out 579,257 rebate cheques after they were ordered by the Public Utilities Board to refund a whopping 45 per cent to Manitobans for their vehicle insurance.

The average cheque is $420, depending on how much people paid to MPI in 2009-10. The total amount mailed out by MPI is about $320 million.

ELISHA DACEY

Facebook used to snare sex offender

Winnipeg police commandeered a teen girl's Facebook account to build their case against an accused child pornographer caught chatting with her when he wasn't allowed to, a court heard yesterday.

Kevin Rose pleaded guilty to possession of child pornography and breaching an order not to contact the teen.

He was given a four-year sentence.

The 38-year-old was facing trial on 22 child-pornography related offences, but admitted to the single possession charge after making a deal with the Crown.

Judge Ted Lismer was told that while in jail pending trial, Rose was bound by an order to avoid talking with the teen daughter of a former lover.

However, the Crown said he used a number of means to do so, including passing a third party messages for her that were posted to her Facebook account.

"Mr. Rose ran a site that catered to a sector of society that was interested in seeing pictures of girls clothed ... There was a market for that."
LAWYER IAN GARBER

Police set up a "dummy line" to record and trace his outgoing calls from jail and took over the Facebook account, prosecutor Terry McComb said.

Rose was arrested after a raid at his home in 2008. Police uncovered about 1,100 images of child porn on his computer and later learned he operated a questionable website depicting young, but clothed, girls in various poses.

However, the images on the site were not illegal and it wasn't Rose's intention to display child pornography there, his lawyer told Judge Ted Lismer.

JAMES TURNER

Number of nurses rises by 500 from last year

The province announced 494 more nurses are working in Manitoba compared to last year.

Health Minister Theresa Oswald said this year's net gain of almost 500 nurses is virtually identical to last year's net gain of 498 nurses.

A total of 3,026 more nurses are working in Manitoba since 1999, the year the NDP came into power. **ELISHA DACEY**

Agency getting tough on pooch licensing?

JAMES TURNER/METRO

▶ Winnipeg Animal Services wants the city to adopt a zero-tolerance approach to dog licences.

Winnipeg last held a dog-licensing amnesty in 2001

JAMES TURNER
@METRONEWS.CA

A cash windfall potentially worth millions could hop into the lap of Winnipeg's Animal Services Agency if a new, zero-tolerance approach to dog licensing is unleashed this fall.

Only about 41,600 of more than 100,000 city dogs are licensed, the agency states in a resolution to be put before city councillors today.

It's a number that has stayed the same for seven years. The agency wants elected officials to endorse a plan to get tough on dog owners who don't comply with local pooch-licensing laws starting in September.

Before that happens, however, the agency is pushing for a 90-day licensing amnesty that will see back fines or penalties forgiven if owners come forward.

Money matters

What are 58,400 unlicensed hounds worth to the city?

- $3.62 million if they were not sterilized ($62 per annual licence)
- $1.57 million if they were sterilized ($27 per annual licence)

St. James resident Donna Sanderson said the prospect of serious fines may prompt her to licence her two Dobermans, but she said it's not something she worries about.

"Both my dogs have tattoos and chips and all their shots. They're both fixed. I don't see the need to buy a licence, frankly, and a threatening letter or whatever probably won't change my mind.

"I think it's a money grab."

Animal Services head Leland Gordon was unavailable for comment.

Driver accused of attempted bribery

A Winnipeg man is accused of attempting to bribe a city police officer after being pulled over on suspicion he was drunk behind the wheel.

Patrolling officers pulled over the 22-year-old's car near Main Street and Assiniboine Avenue because of the way he was driving, said Const. Jason Michalyshen.

At some point in his early morning exchange with police, the man allegedly offered the officer money, Michalyshen said.

The man is in custody facing a slew of charges including bribery, impaired driving, court-order breaches and driving without a licence. **JAMES TURNER**

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Hackers favour Canada: Report

About 80 per cent of cyber scams happen on compromised legitimate web servers, experts say Most hackers still prefer targeting U.S.

Canada is becoming a harbour for cybercrime as hackers move their operations away from servers in China and eastern Europe, according to a report from the U.S.-based security firm Websense.

There was a 319 per cent surge in the number of Canadian servers hosting phishing sites in the last 12 months, even as most countries saw their numbers decrease, suggests the report.

"That doesn't mean the bad guys are in Canada, it doesn't mean the affected users are in Canada, but it means the Canadian infrastructure is being used to attack against someone in the world."
PATRIK RUNALD,
WEBSENSE'S SENIOR MANAGER OF SECURITY RESEARCH

Canada now finds itself second on the list of countries that host the most phishing sites, which attempt to trick users into handing over their personal information, passwords or banking data. The number of bot networks — large numbers of infected computers that can be controlled by hackers remotely and used for malicious purposes — also rose by 53 per cent in Canada in the last eight months.

Canada is sixth worst on Websense's overall list for hosting all types of cybercrime exploits, compared to 13th in a search last year.
THE CANADIAN PRESS

Adrenaline. Seekers

▶ An artist's rendition shows a proposed walkway near the top of the CN Tower in Toronto. As if the view from the top of the CN Tower isn't thrilling enough — people will soon be able to walk around the ledge outside. The famous landmark will be offering a new attraction this summer called EdgeWalk. The official launch date has not been announced.

THE CANADIAN PRESS HANDOUT

CN Tower boasts bucket list thrills

Soon visitors to the CN Tower will be able to walk along a 1.5-metre-wide ledge around the top of the tower's main pod, 356 metres above the ground. Wearing safety harnesses, guides will lead groups of between six and eight to breathtaking views of the city.

POSTHUMOUS POSTING

Dead man's blog draws millions

The last words of a B.C. blogger who battled cancer until last week are resonating with more than eight million people around the world.

Derek Miller's Last Post was published on his blog by a friend, one day after the 41-year-old father of two died from complications of colorectal cancer in Burnaby, B.C.

In it, Miller talks about his love for his family, his sadness at not being able to support them in the future and his lack of regrets in his life.

His wife, Airdrie, says the response has been overwhelming, but she takes comfort from the blog because it's like having a little bit of her husband back. She hopes the blog will live on as Miller's digital legacy.
THE CANADIAN PRESS

Check out the blog at penmachine.com

Suicide of soldier to be investigated

The Military Police Complaints Commission will review the way the military investigated a soldier's suicide at the Canadian Forces Base in Edmonton.

Cpl. Stuart Langridge hanged himself in the barracks on March 15, 2008.

He was suffering from post-traumatic stress disorder after tours in Bosnia and Afghanistan with Lord Strathcona's Horse (Royal Canadians), an armoured regiment.

It was his sixth suicide attempt.

His parents, Sheila and Shaun Fynes, had raised issues about investigations conducted by the Canadian Forces National Investigation Service following their son's death.

"To be honest, long ago we lost faith in their ability and believe their investigations were partisan and unprofessional," Sheila Fynes said yesterday in an interview with The Canadian Press.

Among other things, they believe the CFNIS investigation sought to exonerate the military chain of command of responsibility for the suicide. Fynes said they are pleased the complaints commission listened to their appeal.

The family first filed a formal complaint in January but were still waiting for more information from the investigation service surrounding their son's care, his death and how the family was treated.
THE ASSOCIATED PRESS

Police kept discovery of girl's remains secret

For more than seven months, Montreal police knew they had the body of a girl who went missing in 1999 and avoided telling anyone — not even the girl's family.

Jolene Riendeau's body was found on Sept. 9, 2010, when a citizen's tip led police to a spot underneath a bridge in an industrial sector on the southern tip of Montreal.

Montreal police Sgt. Ian Lafreniere says there were operational reasons for the decision.

"We kept a lot of information secret for ourselves because of the investigation," Lafreniere said.

Lafreniere says it took more than a month to establish that it was the 10-year-old girl who went missing all those years ago.
THE CANADIAN PRESS

Layton to aid Quebec interests

NDP Leader Jack Layton returned Sunday to the Quebec talk show that helped jumpstart his rise in the province and vowed to defend the interests of Quebecers in Parliament.

Layton told Radio-Canada's influential Tout le monde en parle that his first order of business when he returns to the House of Commons will be to introduce legislation that strengthens the language rights of Quebecers working in federally mandated buildings.

The leader is coming off a breakthrough in the province that saw his party jump from one seat to 58. His party has been questioned about some of its young MPs and whether its success in Quebec is good for Canadian unity. More than half of his party's 102 seats are in Quebec.
THE CANADIAN PRESS

Surprise Tory win close call

Elections Canada says the surprise Conservative win in Labrador was even closer than originally thought.

Preliminary results indicated Peter Penashue beat Liberal incumbent Todd Russell by about 200 votes.

But Elections Canada says a validation of poll-by-poll tally sheets corrected some mathematical mistakes, cutting that margin to just 79 votes.

The independent agency says an automatic judicial recount would only be triggered in this case if less than 10 votes separated the front-runners.

Before last Monday's federal election, the Conservatives had not held the riding of Labrador since 1968.

Penashue is a vocal supporter of plans to develop the Lower Churchill hydroelectric project.
THE CANADIAN PRESS

Ship carrying hundreds out of Libya sinks

Aid workers say a Somali woman lost 4-month-old baby in sinking ◗ Mother swam to shore for safety

An overcrowded ship carrying up to 600 people trying to flee Libya sank just outside the port of Tripoli, the UN refugee agency said yesterday, citing witness accounts.

Aid officials were still trying to confirm the fate of those people after the vessel broke apart Friday in the Mediterranean Sea off the coast of Libya, UNHCR spokeswoman Laura Boldrini said.

Witnesses who left the Libyan capital on another boat shortly afterwards reported seeing remnants of the sunken ship and the bodies of some passengers floating in the sea, she told The Associated Press.

Other witnesses saw passengers swimming to shore but it was unclear how many survived, according to the International Organization for Migration.

At least three other boats that left Libya in late March have disappeared, with hundreds feared dead, Boldrini said.

THE ASSOCIATED PRESS

Escape attempts

- **The number of people** fleeing North Africa has soared since mid-January, due to uprisings in Egypt and Libya.
- **Many fleeing are foreign** workers from sub-Suharan Africa, who were mistaken for mercenaries funded by Libyan leader Moammar Gadhafi and attacked by Libyan rebels in the first weeks of the war.

Earthquake shifted Japan's land mass

JUNJI KUROKAWA/THE ASSOCIATED PRESS

▶ Itsuki Mogi, 11, left, and Umi Mogi, 12, watch the moving sea water in a street in front of their house in Ishinomaki, Japan, after the area was damaged in the March 11 earthquake and tsunami.

When water begins to trickle down the streets of her coastal neighbourhood, Yoshiko Takahashi knows it is time to hurry home.

Twice a day, the flow steadily increases until it is knee deep, carrying fish and debris by her front door and trapping people in their homes. Those still on the streets slosh through the sea water in rubber boots or on bicycles.

"I look out the window, and it's like our houses are in the middle of the ocean," Takahashi says.

The March 11 earthquake that hit eastern Japan was so powerful it pulled the entire country out and down into the sea. The coastal communities now face regular flooding because of their lower elevation and because of damage to sea walls from the tsunami triggered by the quake. Scientists say the conditions are permanent.

THE ASSOCIATED PRESS

Swimmer rescued from sand

It took 60 rescuers two hours to free a member of the Austrian Olympic swim team who was buried in sand up to his neck on Florida's Pompano Beach.

Authorities say 19-year-old Jakub Maly had spent much of Sunday digging a hole that was two metres deep. The South Florida Sun Sentinel reports that at 7 p.m., Maly jumped into the hole as a joke and sand collapsed around him.

A spokesperson with Pompano Beach Fire-Rescue said the man was in danger of being crushed by the pressure from the sand. He was freed at 9 p.m., and treated and released from hospital. THE ASSOCIATED PRESS

Face. Transplant

▶ Dallas Wiens joined surgeons yesterday at Brigham and Women's Hospital in Boston in his first public appearance since becoming the first full face transplant recipient in the U.S. The March procedure took 15 hours. Wiens's features were burned away and he was blinded after hitting a power line while painting a church in 2008. Pictured with Weins is hospital spokesperson Erin McDonough.

STEVEN SENNE/THE ASSOCIATED PRESS

New hope for Texas man

The first thing Dallas Wiens' daughter said when she saw him was "Daddy, you're so handsome." The 25-year-old Texas man received a nose, lips, skin, muscle and nerves from an anonymous donor.

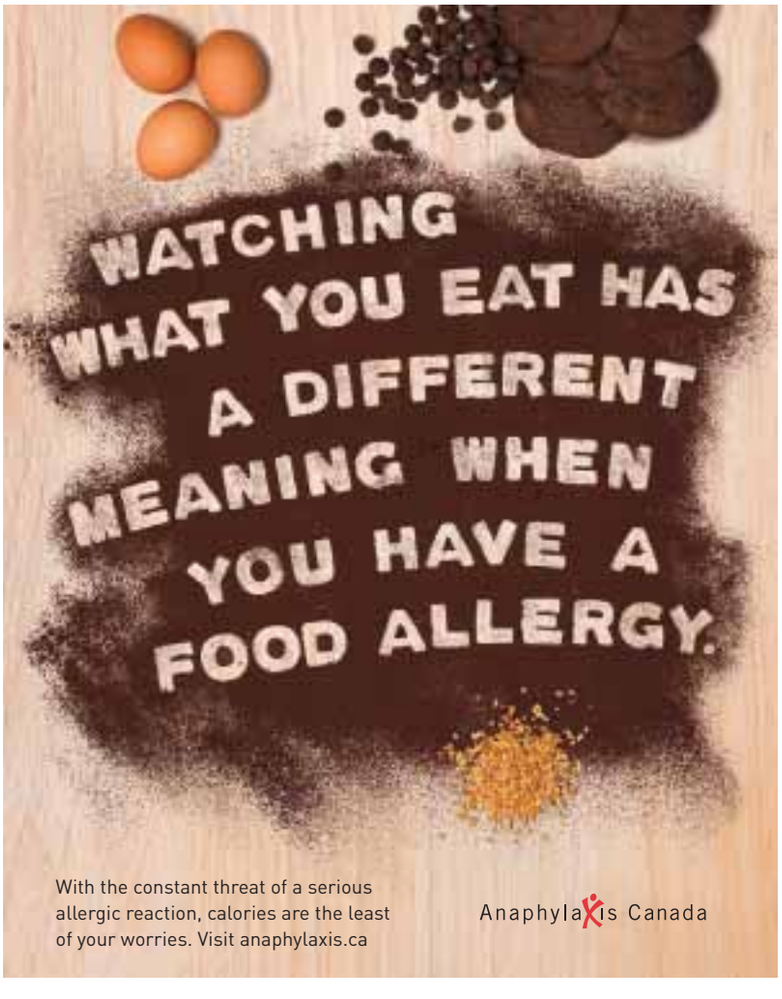
Pakistan anger grows over U.S. raid

Pakistan's prime minister defended his nation's military and intelligence services yesterday and said Pakistan was not solely to blame for the failure to detect Osama bin Laden's presence in a garrison town close to the capital.

Prime Minister Yousuf Raza Gilani, in his first address to parliament since the covert U.S. raid that killed the al-Qaida chief, lashed out at allegations Pakistan knew where bin Laden was hiding. He also warned the U.S. that any unilateral raids in the future would be met with "full force."

New signs were emerging of Pakistan's anger at the U.S. for sending Navy SEALs into the country from Afghanistan in helicopters with radar-evading technology.

THE ASSOCIATED PRESS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Canadian Tire goes on offence

Megadeal with Forzani Group gives company entree to sports enthusiasts and mall rats nationwide

Canadian Tire, where legions of wannabe hockey stars have gone for their first stick or pair of skates, is embarking on a massive expansion of its sporting-goods reach with the $771-million acquisition of Forzani Group Ltd.

By buying Calgary-based Forzani's 500 stores, which include Sport Chek, Hockey Experts and Athletes World, the automotive and outdoor-goods retailer said yesterday it hopes to secure Canadian sports enthusiasts as lifelong customers.

"Parents buy kids their first bike at Canadian Tire, but as kids get older their tastes change," Canadian Tire president and CEO Stephen Wetmore said.

"By acquiring Forzani we gain access to a new set of customers — people that typically don't shop our stores extensively today for sporting goods."
STEPHEN WETMORE, CEO, CANADIAN TIRE

"Not only do they want more expensive bikes, they want all the apparel and gear that goes along with their cycling activities. That's where Forzani comes into play."

The acquisition will give the company a presence in the coveted 18-to-35-year-old demographic that often prefers storefronts in shopping malls over big-box stores.

Canadian Tire said the purchase will be completed using $500 million in cash and short-term financing, and has won the unanimous approval of Forzani's board. The company expects the transaction to close in the third quarter.

Canadian Tire employs more than 58,000 people with 485 stores across the country. Together, the merged companies will have about 1,000 retail locations selling a wide array of products from gardening tools and golf tees to winter tires.

THE CANADIAN PRESS

HANDOUT PHOTO

▶ Interception: Canadian Tire CEO Stephen Wetmore, left, hopes the company's friendly takeover of Forzani Group will help it to woo the coveted younger demographic. Bob Sartor, Forzani's CEO, says the deal gives his company "access to the incredible assets."

Facebook friends spread the news: Study

Facebook is influencing what news gets read online as people use the Internet's most popular hangout to share and recommend content.

That's one of the key findings of a study on the flow of traffic to the web's 25 largest news destinations. The study was released yesterday by the Pew Research Center's Project for Excellence in Journalism.

Facebook was responsible for three per cent of traffic to the 21 news sites that allowed data to be tracked, study co-author Amy Mitchell said. Five of the sites got six to eight per cent of their readers from Facebook.

The referrals typically came from links posted by friends on the Facebook site or from the ubiquitous "like" buttons.

The Facebook effect is small compared with Google's clout. Google Inc.'s dominant search engine supplies about 30 per cent of traffic to the top news sites, the Pew report says.

But Facebook and other social networking sharing tools, such as Addthis.com, are empowering people to rely on their online social circles to point out interesting content. By contrast, Google uses an automated formula to help people find news.

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ They share fave raves and pet peeves, so it's no surprise that Facebook "friends" are sharing online news links.

Facebook is at the forefront of this shift because it has more than 500 million users worldwide, far more than any other Internet service built for socializing and sharing.

Meanwhile, major news sites are getting less than one per cent of their traffic from Twitter, even though it had about 175 million accounts last year.

The Drudge Report, a site started during the 1990s, is a far more significant traffic source for news sites than Twitter, the Pew study says.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 110.53 (13,677.13)	+ 0.37¢ (103.78¢ US)
Oil	**Natural gas**
+ $5.37 US ($102.55 US)	1,000 cu ft $4.223 US (– 8.1¢ US)
	Gold contracts $1,503.20 US (+ $11.60 US)

Economy creates more, better jobs

Canada has added 283,000 jobs over the past year, and the measure is now back to pre-recession levels, CIBC reports. The quality of those jobs has also improved by 2.7 per cent measured against CIBC's employment quality index.

More full-time jobs were created over part-time, and there has been a strong increase in paid employment rather than self-employment.

But the biggest mover of the index, CIBC said, is that new high-paying jobs have outnumbered low-paying jobs by about three to one.

THE CANADIAN PRESS

YouTube gurus buy media firm

Chad Hurley and Steve Chen, who sold YouTube to Google Inc. for $1.76 billion in 2006, have bought Tap11.com, which makes software to help businesses keep track of what's being said about them on Facebook and Twitter. They will add Tap11.com to their new company, Avos. Two weeks ago, they acquired Delicious, a social bookmarking service, from Yahoo Inc. **THE ASSOCIATED PRESS**

NOAH BERGER/THE ASSOCIATED PRESS

▶ Chen and Hurley

Auto market shifts gears off-continent

Brazil, Russia, India and China will soon represent 75 per cent of the world market for vehicles, the head of GM says.

Kevin Williams says those four countries are undergoing some of the most rapid economic growth in the world, and with that comes a larger middle class and rising demand for vehicles.

Williams said it's part of the new industry reality in which GM must compete. Canada, the company's sixth-largest market, is declining in influence as a key auto market, he said.

THE CANADIAN PRESS

QUIT KICKING THE SEAT IN FRONT OF YOU

SHE SAYS ...

JESSICA NAPIER
METRO

Last week I found myself in a terribly uncomfortable position. I was travelling cross-country on an overnight flight and somehow, in spite of all my diligent planning, I was assigned the dreaded middle seat. Wedged in between a rather rotund woman and Mr. Goes To The Bathroom Every 30 Minutes I thought to myself, why are in-flight safety videos mandatory while basic plane etiquette is rarely enforced?

And so, fellow travellers, if we're going to be stuck together we should probably set a few ground rules. Here is a list of 10 to get us started.

1 Quit throwing elbows. Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback.

2 Babies are going to cry. All of the eye-rolling in the world won't make a difference, so stop making new parents feel bad about it.

3 Don't lean all of your body weight on the headrest in front of you every time you get up. There is a person in that seat and they want to smack you.

4 Shower.

5 Bring a novel, a magazine, a puzzle book — anything that will keep you occupied. Do not depend on your seatmates to provide you with seven hours of entertainment. Refrain from reading over someone else's shoulder and don't you dare try to strike up a conversation against their will.

"Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback."

6 When your knee is touching my knee it's awkward. Stop pretending you don't notice.

7 If you're in the emergency exit row, listen when the flight attendant explains how to assist the crew in an emergency. Sitting through a two-minute instructional speech is a small price to pay for all of that extra leg room.

8 Don't hog the armrest. People sitting in the aisle and window seats get the outside armrests and the person in the middle gets to use both inside ones to compensate for their unfortunate seat assignment.

9 Turn off your phone. For real. You're not fooling anyone by hiding your BlackBerry in your bag while you stealthily check messages.

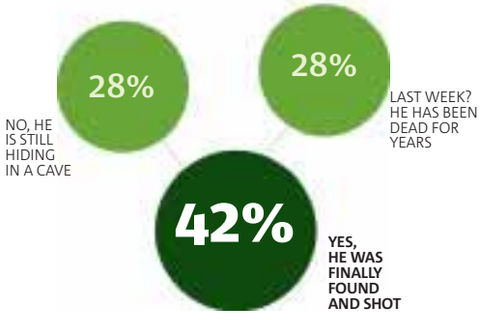
10 Just because there is alcohol available doesn't mean you need to get drunk. Nobody likes a belligerent jackass — especially at 30,000 feet.

Remember, the rules aren't just for everyone else — they're for you, too. An airplane is not your office or your bedroom (or, heaven forbid, your bathroom); it is a claustrophobia-inducing aircraft you must share with hundreds of strangers. Treat it as such.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metrolifepanel.ca and take the quick poll

Do you believe Osama bin Laden was killed by U.S. Navy Seals last week?



Local tweets

- **@pear10:** Holy crap, has the #NHL delayed long enough to make #Winnipeg wait another year? How much does #Bettman hate us?! I CAN'T TAKE IT! #gojetsgo
- **@goingblankagain:** Winnipeg is like an entirely different planet.
- **@PrairieStory:** More bad flood news ... If you know someone along the Assiniboine River west of #Winnipeg, now is the time to help them. #Mbflood
- **@stewartcink:** Considering weak US Dollar, if the Thrashers move to Winnipeg can I request my season ticket refund in Canadian Dollars?
- **@dbelcham:** How to give confusing directions in Winnipeg: "Turn left at the chalk body outline"
- **@mukelarvin:** Wicked is coming to Winnipeg in August but those tickets ain't cheap. It may have been cheaper on Broadway.
- **@mattryantobin:** Eating at the classiest joint in Winnipeg. Smitty's.
- **@somnath4life:** Thanks Winnipeg for being like Vancouver. Raining all day the entire week.

Worth mentioning

JAKARTA, INDONESIA. Video cameras captured 12 critically endangered Sumatran tigers, including mothers with their cubs, in Indonesian forests slated to be cut down, wildlife activists said yesterday.

One of the videos shows three young cubs playfully chasing a leaf. Another, triggered by an infrared sensor, recorded giant cats strolling across a clearing at night.

Sumatran tigers are on the brink of extinction because of the destruction of forests, poaching and clashes with humans.

Their numbers have dwindled to about 400 from 1,000 in the 1970s, according to the World Wildlife Fund, which set up the cameras in Riau and Jambi provinces three months ago.

Karmila Parakkasi, who heads the group's tiger research team on Sumatra island, said capturing a dozen cats in such a short period is astonishing. The cameras were set up in a corridor — not officially protected by the government — between the Bukit Tigapuluh National Park and Bukit Rimbang Baling Wildlife Sanctuary.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

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11 friends think you're hot
MAN RUINS CHANCES OF GETTING A JOB
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Flooding in Farmville
This just in: Poke!
metro

WEIRD NEWS

Time for the Justice League seniors' home

Superheroes never seem to age in comic books. In real life, though, there's a time when crime fighters must hang up their utility belts.

A 91-year-old New Zealand man says he has been forced to put his new career as a modern-day Batman on hold because he is not allowed to be out fighting crime alone at night, AFP News reports.

John Bray, a Second World War veteran, joined a local neighbourhood watch program, reporting any suspicious activity to police.

Like Batman, Bray began with a trusty sidekick, but decided to go solo when his Robin equivalent, a man in his late 80s, couldn't stay awake while on duty.

But the neighbourhood watch program has decided Bray can't work alone and he must find a new partner if he wants to continue to fight crime.

"I want to keep going so now I have to find a new partner," Bray told AFP, describing his crime-fighting role as a success, driving through the streets at night armed only with a spotlight and cellphone. METRO

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2 scene

Scene in brief

Regis Philbin is ready for a new chapter. The retiring star of Live! With Regis and Kelly has a memoir coming this fall, It Books announced yesterday.

Philbin, 79, will reflect on his decades-long television career, including stories about Live! co-host Kelly Ripa and her predecessor Kathie Lee Gifford and such celebrities as Jack Nicholson, George Clooney and Jerry Seinfeld. The memoir is currently untitled.

In a statement released by the publisher Philbin called the book a "valedictory" and a "personal thank-you," especially to his fans.

THE ASSOCIATED PRESS

New Mark Burnett reality series, Hiccups, Dan for Mayor among CTV's summer lineup

Maya doesn't need any baby advice

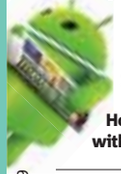
Comedienne reunites with SNL pal Wiig for Bridesmaids Rudolph pregnant with her third child, but is keeping busy on and off the set

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Maya Rudolph isn't one for taking it easy. The comic actress sat down with Metro to discuss her new film, Bridesmaids, after shooting a new TV show pilot and attending the film's premiere the day before — all while very pregnant with her third child.

"I feel crazy today not getting enough sleep, because I'm gestating a human," she says, gesturing to her stomach. "Doesn't that sound weird? Gestating sounds like you're chewing and swallowing something. It sounds like digestion."

Despite her lack of sleep, Rudolph was more than happy to chat with Metro about the film, working with co-star and Saturday Night Live pal Kristen Wiig and the obnoxious questions pregnant women get.



How was it teaming up with Kristen Wiig again?

It's very easy to work with her, and I happen to like her a lot, which makes it even more pleasant. You know, we've experienced a lot together just from working at SNL. It's like being in the trenches together — like being in the comedy army. You really do end up spending a lot of time at the offices and at the studio, and far more time together than with your loved ones sometimes.

What sort of comedy do you gravitate toward in picking projects?

I like comedy that is based in reality, or the gentle awkwardness of situations that can lend itself to being very funny. Away We Go had that as well. The first draft of it was definitely a tongue-in-cheek look at becoming a parent and having a lot to say about it. It was really cathartic because I had just gone through it myself for the first time, and it was just like, "Yeah! That's right! People say stupid stuff to you all the time!"

▶ Maya Rudolph stars in Bridesmaids, which opens in theatres on Friday.

Are you still getting stupid questions with this pregnancy?

I've been getting very interesting ones. I always carry big old babies. I'm always big when I'm pregnant. It's not how I want to look when I'm pregnant, it's just how I look. But I always get women that are really sure of themselves, like, "You're carrying low. You're having a boy. And it's going to go real early. It's your first baby, right?" And I'm like, "It's my third." Everyone's an expert. The unsolicited advice never ends when you're pregnant.

Have you ever had a wedding experience as crazy as the one in the movie?

Nothing like this, oh God no. And I haven't been a bridesmaid that much. I feel like a lot of my friends got married when I was working on SNL, and a lot of people get married on Saturdays.

What do you get recognized for the most?

These days it's usually Whitney, maybe a little Oprah peppered in. They still say Donatella, but I'm like, "Wow, that's a really old reference." But it's really flattering that they remember an old reference. And then every once in a while I get a nice Bronx Beat reference, which I love. I love being able to be known for an original character and not just an impression. But I'll take whatever I can get.

651481

DVD Releases this week

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Breaking up done right

Blue Valentine
Genre: Drama
Director: Derek Cianfrance
Stars: Ryan Gosling, Michelle Williams
●●●●½

We say that a marriage "breaks" when couples are no longer united, but often it's not as decisive as that.

More commonly, dissolution is a process of erosion: of love, of trust, of patience. It's this slow marital wearing down that Derek Cianfrance brings so heartbreakingly to the screen, aided by rich performances from Michelle Williams and Ryan Gosling.

Titled for an old Tom Waits tune, one whose lyrics lament "half forgotten dreams/ Like a pebble in my shoe," the film proceeds in what feels like real time, but with no obvious beginning or end. It's a latticework of moments happy and sad.

Mostly sad. Cianfrance shows us enough of the good times to infer what brought Williams' Cindy and Gosling's Dean together, even though it was immediately evident that their personalities didn't mesh.

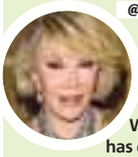
Something happened, but not suddenly. Cindy and Dean added a few years and pounds, and gained a beautiful daughter named Frankie (Faith Wladyka), but they also lost a few dreams.

PETER HOWELL

Celebrity tweets

@chrisrock
Is it bad to go to McDonalds after the gym?

@EllenPage
Dear lovely people having a jam session, your passion is infectious but I would love to hear my own thoughts



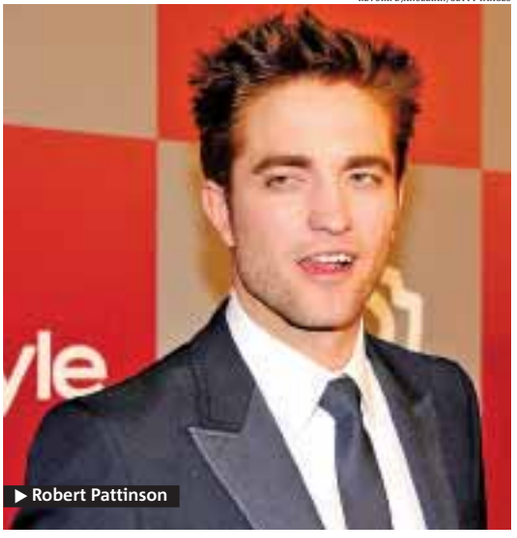
@Joan_Rivers
In a very controversial move, the White House has decided to release photographs proving the death of Paris Hilton's career.

@BillyCrystal
If we didn't evolve opposable thumbs, would we still be able to text?

Cheeky little lies told by Pattinson

Twilight star convinced people he knew the Royals

KEVORK DJANSEZIAN/GETTY IMAGES



▶ Robert Pattinson

Robert Pattinson admits that he used to pretend he knew Prince William while waiting for his big break in Hollywood. "When I first came to L.A., it was very easy to convince people I was a member of the royal family," Pattinson says in a recent interview. "I hadn't worked for three years — I was unemployed in London — and when people asked what I'd been doing, I told people I went to (the Royal Academy of Dramatic Art) with Prince William."

And the Twilight star was surprised how readily Americans bought his line. "People would think, 'You're English, I completely believe you!'" he says.

METRO

Bieber is a 'brat,' says CSI star

CSI's Marg Helgenberger has some rather unkind things to say about her show's recent guest star, Justin Bieber.

"I shouldn't be saying this, but he was kind of a brat," she admits in a French radio interview, according to Radar Online.

"He was very nice to me, but he locked one of the producers in a closet and he put his fist through a cake that was on the cast's table."

METRO

Justin Bieber

No porn for Pippa

After making a splash at her sister's wedding to Prince William, Pippa Middleton is now very much in demand.

In fact, adult film company Vivid Entertainment has offered the head lady in waiting $5 million to shoot a single scene in one of their productions, according to TMZ. The company also offered $1 million for an appearance by Pippa's brother, James Middleton. The Middletons understandably have not responded.

METRO

Talking points

Brown needs to talk about Rihanna fight, says his mom

ADVICE. Chris Brown's mother is on his side, but she thinks the troubled singer needs to really address his 2009 assault of ex-girlfriend Rihanna as well as his recent outburst during a Good Morning America visit.

"He has to learn to deal with it and go on with his life," Joyce Hawkins tells Sister 2 Sister magazine. "I think he really needs to talk about the situation in itself, what actually happened to Rihanna ... so that he can get that out for himself."

METRO

KEVIN WINTER/GETTY IMAGES

▶ Chris Brown

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Reese Witherspoon

Reese's hubby not used to spotlight

Reese Witherspoon admits her new husband, Jim Toth, is having trouble adjusting to being married to an A-list actress.

"He thinks it's totally bizarre," she says, according to Hollyscoop, adding that the constant paparazzi attention — even when Witherspoon isn't with him — makes him really uncomfortable.

But that doesn't mean it's easier to be married to someone who isn't an actress.

"I wouldn't say it's easier," she says.

"Every relationship has its own dynamic. But it helps that he understands what I do for a living."

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3 life

Add nuts

How to add nuts to eat day's meal. Breakfast: Add nuts to your cereal, or to a smoothie. Snack: Take them to work and add them to yogurt or dried fruit for a snack. Lunch: Sprinkle some nuts on salads for added crunch. Dinner: Add nuts to pasta sauce or use them to make a crust for fish.

CELIA MILNE

Aneurysms rare, but researchers search for what might trigger rupture

ISTOCK PHOTOS

▶ Nuts can give you that feeling of fullness and help prevent overeating.

You could go nuts trying to lose weight

Harvard newsletter reports eating nuts twice a week may help people avoid weight gain

CELIA MILNE
LIFE@METRONEWS.CA

Eating nuts around breakfast time may help curb your appetite later in the day.

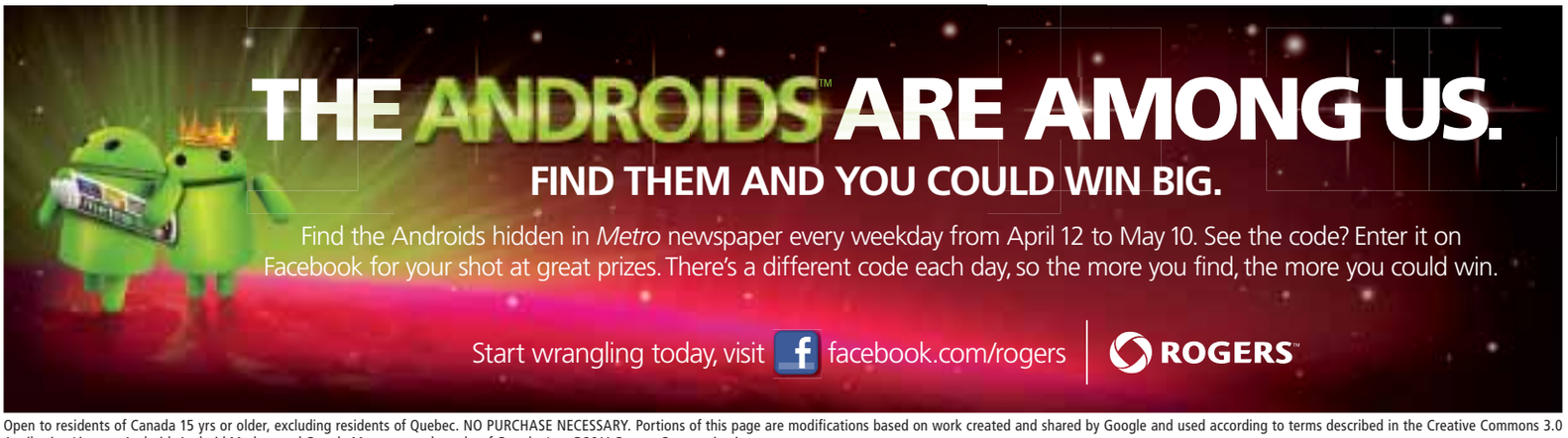
And, nuts are loaded with all kinds of good stuff: protein, fibre, antioxidants, unsaturated fat, magnesium, and potassium.

"Nuts are nutrition super stars," says Kim Arrey, a dietitian and nutrition coach at PsySante Holistic Health Clinic in Montreal. "They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."

"They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."
KIM ARREY

While nuts are certainly high in fat (and should be eaten in small amounts), they supply heart-healthy monounsaturated and polyunsaturated fats as well as cholesterol-lowering plant sterols. They are great sources of antioxidants, with walnuts getting the highest grade.

A Harvard Medical School newsletter reports that eating nuts at least twice a week helps people avoid weight gain. For instance, walnuts eaten at breakfast gave people a feeling of fullness that kept them from over-eating at lunch.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Don't fear the pin prick

John Tsagaris and his beauty acupuncture technique works for many

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

▶ This technique really gets to the point.

Some would see spending 20 minutes with 60 or so needles embedded in your face as self harm — not self-healing. Yet your skin is a living organ and gives a clear projection of what is going on inside. Inserting acupuncture needles in the face stimulates collagen production and activates the facial muscles, making your skin look younger and plumper.

The wisdom of Chinese medicine is to use and optimize the resources of the human body and allowing it to do the job.

"Facial acupuncture works from within as it accelerates the anti-inflammatory activity and removes accumulative toxins from the skin," explains facial guru John Tsagaris. "By using a half-inch prick thin needle on the face (up to 180) and penetrating all layers of the skin, we are releasing huge chemical reactions and ultimately changing the skin's architecture, addressing the loss of facial volume and preventing the formation of wrinkles and fine lines."

"If you go lifting weights in the gym, the next day you will be in pain as what you have torn and broken muscle fibres" continues Tsagaris. "The body is designed to prevent further injury by self-improving itself so after a day or two, the broken fibres will be replaced by bulkier ones as your body prevents further injury by self improving itself."

With acupuncture, the needles going into the face trigger the skin to go into healing mode. Inserting them breaks down old, dry and dehydrated collagen fibres and the skin responds by sending tremendous amounts of anti inflammatory agents, oxygen, red and white blood cells to cope with the injury.

On a mechanical level, acupuncture reconstructs the fibre network of the skin and enables the broken fibres to be replaces with plumper ones to protect from injury. It also boosts the production of collagen to tighten and smooth the skin, creating a firm and radiant complexion and enhancing skin tone.

This week's yoga pose. Garland Pose/Malasana

What you do

1. Squat with your feet as close together as possible.
2. Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs.
3. While you keep your feet flat, keep your body weight on your toes as much as possible without falling over.
4. Press your elbows against your inner knees, bringing your palms together and resist the knees into the elbows. This will help lengthen your front torso and better improve your balance.
5. To go further, press your inner thighs against the sides of your torso. Reach your arms forward, then swing them out to the sides and notch your shins into your armpits. Press your finger tips to the floor, or reach around the outside of your ankles and clasp your back heels.
6. Hold the position for 30 seconds to one minute, then inhale, straighten the knees, and stand up again.
7. People with bad knee injuries should avoid this posture and seek out different yoga poses.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

GRAPHIC DESIGNER

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- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS, ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong a attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than May 20, 2011. PLEASE QUOTE: "Graphic Designer -Winnipeg" in the subject line. All submissions will be treated as confidential.

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Mediterranean Salad and Pulled Duck Quesadilla

Lobby on York had me at the first bite of soft, warm homemade bread. If only all carbs tasted this good.

A construction zone surrounds Lobby making it THE restaurant you could walk by every day and never notice. Smack in the middle of downtown, you have the option of the dining room or a more casual lounge. Lobby on York is a cool space.

The Pulled Duck Quesadilla appetizer ($15) comes beautifully presented like sushi rolls. Six delicious bites of duck confit, brie and peppers with a sprinkle of sesame seeds.

Asking my server for advice on an entrée, I select the most popular salad on the menu: the Mediterranean Salad ($16). A crisp take on a Greek salad with grilled shrimp and crispy deep-fried rings of calamari. To my delight it was not over-dressed with vinaigrette. Bless.

Take your time and treat yourself at Lobby on York.

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THE CANADIAN PRESS/ HO

Chipotle apricot cream cheese spread

Here is a quick appetizer to make when guests show up with a moment's notice. Simple ingredients to keep in your pantry!

Preparation:

1. Spread cream cheese spread onto bottom of small pie plate.
2. In saucepan, cook jam, pepper and water on medium-low heat for 5 minutes or until jam is melted, stirring occasionally.
3. Stir in onion; spread over cream cheese.

Ingredients:

- 1 tub (8 oz/250 g) cream cheese spread
- 1/2 cup (1254 mL) apricot jam
- 1 can of chipotle pepper in adobo sauce, finely chopped
- 2 tbsp (30 mL) water
- 1 green onion, finely chopped
- Crackers

THE CANADIAN PRESS

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▶ Samir and Diana met at the University of Ottawa.

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Names:
Samir, 26, and Diana, 26

Hometown:
Ottawa

Together since:
2005

Their story:

My husband (Samir) and I met at the University of Ottawa, where we were both students at the Telfer School of Management.

One afternoon, I was in the library, working on a term paper, when Samir approached me and asked if I had a print card he could use.

I had never spoken to or seen him before, but let me tell you, he was cute! So I gave him my card and my number and asked him to call me when he was ready to return my card. (Smooth, eh?)

It worked! The next day, Samir called and asked me out on a date. We were married in June 2009 and are still going strong!

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'YOUR MOM IS YOUR MOM'

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My mother and I don't get along. I'm a mother too, and in some ways that makes me less tolerant of her behaviour, because I wouldn't treat my own child the way she treats me: she's rude, thoughtless, undependable, often in front of my daughter! On the other hand, now that I'm a mother I almost feel like our roles are reversed and no matter how badly she behaves, I have to watch out for her. I want her to have a relationship with my daughter, but not if she drains my energy, which ends up affecting my daughter negatively. So how do I maintain a relationship with her, along with my sanity?

Andrea: Dear Mommy Not Dearest,

I'd wish you a happy belated Mother's Day, but it feels like I'd be wishing you "Happy Massive Baggage Day." The fact is that your mom is your mom. You can't return her to the manufacturer when she's defective. So you have to simply forgive and accept her. You can't expect her to be like you and consistently set yourself up for disappointment.

Don't put her in positions where she must demonstrate qualities she doesn't have to succeed. If she's undependable, don't make her the babysitter. If she's rude, don't introduce her to your boss. If she's anything like my mom, don't let her near sharp objects or operate heavy machinery. Instead, set yourself up for good memories. Interact with her in situations where she's awesome.

She'll appreciate being less pressured to be something she's not, and chances are she'll go out of her way to make your day.

You'll be a great example for your daughter — seeing you develop a good relationship with mom will allow your daughter to build a great one with her, too.

Claire: Dear Mommy Not Dearest,

You've summed up what it is to be an adult: we can see people's faults as clearly as we can see that we are powerless to change them.

Sucks, doesn't it? As the saying goes, you can't change other people, you can only change yourself.

Therefore I suggest: first, be calm.

Second, explain to your mother the main things that bother you about her behaviour.

Third, prepare for her to ignore you.

Remember that these are the issues that psychology/psychiatry are founded on, so the best option is to talk to someone and find coping mechanisms that will help you change your reaction to her, so that her presence doesn't make you spontaneously combust.

Sometimes altering your behaviour is enough to alter the dynamic between you.

And if not, limit the duration of her visits so that you can put aside your grievances long enough to show your child what she can look forward to dealing with one day ... with you.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES. EMAIL YOUR QUESTIONS TO THE SISTERS AT RELATIONSHIPS@METRONEWS.CA

NOT SO SCREWED

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Last week, four people sent me Financial Planner Kurt Rosentreter's article entitled Canadian 30 Year Olds are Screwed. His catchy title has shone a light on the dismal financial situation of the average Canadian 30-something.

I agree that the 30-something crowd make the biggest financial decisions of their life all within a few short years: education, career, marriage, home buying, children and much more. The financial stakes are high, and without help, this group seems to make poor financial choices which will result in a lifetime of debt and limited net worth when retirement knocks. But, I don't think 30-somethings are screwed. Perhaps challenged; but certainly not hopeless.

To get this group back on track, 30-somethings need to get 10 times more financially savvy and start playing bottom line "catch up."

Get the facts. Good money management doesn't mean keeping up with the Jones's, fancy cars and monstrous houses. Rather it's about keeping debt low and savings high.

Get savvy. Take 10 minutes a week of Internet time and invest it in your financial education. Do your Internet banking, set up a net worth spread sheet, use free online financial tracking tools available at any bank website to keep tabs on budgets and spending.

Consolidate unruly lines of credit into a traditional fixed rate mortgage while taking advantage of historically low interest rates. Lines of credit are masked as good debt, but they often cover up systemic overspending problems. Pay off your house as fast as you can and AVOID any additional debt.

Marrying your money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Marriage has never just been about physical attraction or romantic love — the Harlequin Romance ideal notwithstanding.

Marriage, or whatever you call the (hopefully) lifetime union of two people, is a very pragmatic thing — especially financially. A financial union should create a far stronger whole than each of the individual parts.

Even so, many couples keep their their financial affairs completely separate. I know those who have been together from many years and have kept their finances religiously divided to the point that they don't know what debts the other has, their income, retirement provisions or even whether or not they are current with their bills.

Sad statistic

48 per cent of Canadian marriages end in divorce.

The main problem with this approach is that neither person can effectively plan their own future, because what one person in a permanent relationship does financially affects the other person.

If one partner, for example, is secretly paying only the minimum on his or her debt, the couple may have difficulty borrowing to consolidate other debts or getting a mortgage to buy a house.

At it's extreme separate finances can lead to some very unpleasant surprises down the road. In one case I worked on, the husband, supposedly a traveling salesman, was actually a professional gambler.

Result: Divorce and personal bankruptcy for the wife. Husband — off to parts unknown.

The guy was a schmuck and even joint finances wouldn't change that, but the wife would have likely clued in a whole lot sooner.

On another occasion, the wife, though working at a good job, was secretly using pay day loans each week because she'd fallen so far behind in her credit card payments.

Result: They worked on it and are on the road to solvency, but not without a lot of mutual pain and sacrifice.

Personally, I think at least a limited amount of co-financial management is preferable and should be centered on areas of joint concern including household spending and any loans that affect both partners.

That way you both know what is going on with shared expenses and debt.

ISTOCK

▶ The couple who chooses to handle money separately may be in for some scary surprises down the road.

4 sports

Canucks. Advance

▶ Vancouver's Mason Raymond scores a goal against Pekka Rinne last night in Nashville.

FREDERICK BREEDON/GETTY IMAGES

Early lead stands up as Canucks reach conference final

Daniel Sedin and Mason Raymond scored first-period goals, and Roberto Luongo made 23 saves as the Vancouver Canucks beat the Nashville Predators 2-1 to advance to the Western Conference final last night.
The Canucks reached the conference finals for the first time since 1994 and will face the winner of the series between the San Jose Sharks and Detroit Red Wings in the next round. Raymond gave Vancouver the lead 7:45 into the game and Sedin made it 2-0 just 1:43 later. Luongo did the rest for the Canucks, who were outshot 24-19. THE ASSOCIATED PRESS

Quoted

"They just played harder, getting to loose balls, second effort, chasing balls down."
CHICAGO BULLS GUARD DERRICK ROSE ON THE ATLANTA HAWKS, WHO HAVE TIED THE EASTERN CONFERENCE SEMIFINALS 2-2.

An unlikely hero

Third-line forward Sean Bergenheim flourishing in Tampa Bay's surprising playoff run

Growing up in Finland, Sean Bergenheim envisioned himself someday playing in the NHL and elevating his game during the Stanley Cup playoffs.

But never in his wildest dreams did the forward imagine having the kind of impact he has as part of the Tampa Bay Lightning's surprising run to the Eastern Conference finals.

With seven goals in 11 games, the post-season neophyte not only leads his team in playoff goals scored, but through Sunday was also tied for the league lead with Nashville's Joel Ward and Philadelphia's James van Riemsdyk and Danny Briere.

Even more impressive, his production has come as part of the Lightning's third line — instead of one featuring any of Tampa Bay's big three of Martin St. Louis, Vincent Lecavalier and Steven Stamkos.

"It just seemed like a good fit."
SEAN BERGENHEIM, ON WHY HE SIGNED WITH TAMPA BAY

The 27-year-old left-wing is one of nine players on the roster who had not appeared in an NHL post-season game when Tampa Bay entered its first-round series against the Pittsburgh Penguins. Last summer, he signed a one-year, $700,000 US contract with the Lightning after spending parts of five seasons with the New York Islanders.

Generally not known for offence, Bergenheim has never scored more than 15 goals in an NHL season. He had 14 with Tampa Bay this year, ranking eighth on the team.

And while St. Louis, Lecavalier and Stamkos have combined for 15 goals while contributing to the Lightning overcoming a 3-1 deficit against the Penguins and sweeping the top-seeded Washington Capitals in the East semifinals, Bergenheim surprisingly leads the team with 36 shots.
THE ASSOCIATED PRESS

Released pitcher looks good

Manager Rick Forney may have to reconsider a roster move he made yesterday morning.

The Winnipeg Goldeyes cut 35-year-old pitcher Barry Fowler in order to meet the American Association's roster deadline of 12 p.m. yesterday, but Goldeyes brass might take another look at their winter signing following Fowler's stellar performance as a non-roster starter in last night's 7-3 win over the St. Paul Saints.

Fowler pitched four scoreless innings to start the night for the Fish in their exhibition home opener, allowing two hits, one walk, and adding one strikeout.

Despite a mediocre outing, Winnipeg's towering lefty Zach Baldwin took the win.
DARRIN BAUMING

Versatile Howell retires a Bomber

Markus Howell retired yesterday after 11 CFL seasons.

Howell played receiver, defensive back and special teams during his career. He was drafted in 2000 by Winnipeg and spent five seasons with the club before joining the Ottawa Renegades.

He also played for the Calgary Stampeders, winning a Grey Cup in 2008, before returning to Winnipeg last season. THE CANADIAN PRESS

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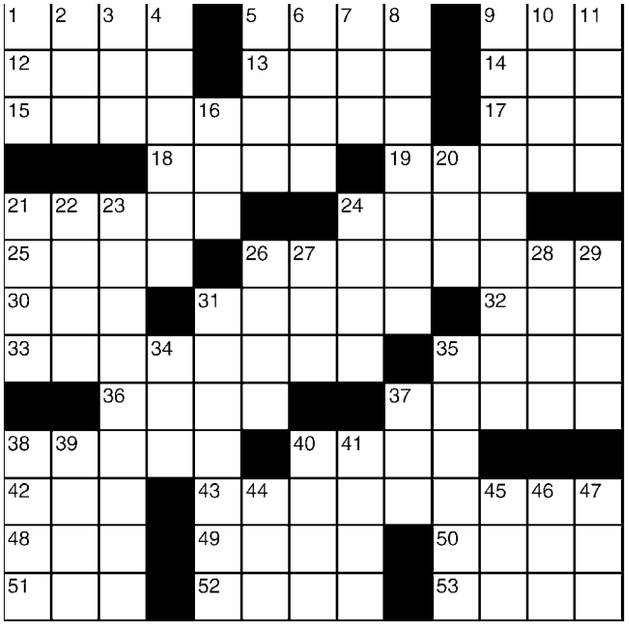
Crossword



Across

1 Musical ending
5 Grand story
9 That girl
12 German city, once a capital
13 Finding Nemo fish
14 Embrace
15 "Hurry up!"
17 Palindromic title
18 Weak, as an excuse
19 Undressed
21 Moderate yellow-brown
24 Unembellished
25 Legal wrong
26 Served
30 Hearty brew
31 Trombone section
32 — budget
33 Lounge chair part
35 Rams' fans?
36 Legendary English actor Edmund
37 Painter Max
38 Computer connector
40 Dregs
42 Past
43 Theatrical "good luck!"
48 Stitch
49 Photog's choice
50 Goodyear product
51 Barbie's companion
52 Vortex
53 Fervor

Down

1 Couric's network
2 Reaction to fireworks
3 CSI evidence
4 Short sock
5 Dutch cheese
6 Mast
7 Anger
8 Young swans
9 Ship's crew's rehearsal
10 Ginormous
11 "Zounds!"
16 Listener
20 Exist
21 Nevada neighbour
22 Double agent
23 Categorization
24 Atomizer output
26 Small songbird
27 Small batteries
28 Singles
29 Famed political cartoonist
31 Prickly shrub
34 Sandra or Ruby
35 Poor substitute
37 "A mouse!"
38 Halloween cover-up
39 Curved moulding
40 Give temporarily
41 Uncomplicated
44 Scarlet
45 Falsehood
46 Historic time
47 Solidify

▶ Yesterday's answer

M	A	I	L	■	O	B	I	■	P	E	N	D
I	G	N	I	T	I	O	N	■	A	L	O	E
L	A	N	C	E	L	O	T	■	T	A	T	A
■	■	■	H	A	Y	■	E	A	R	N	E	D
U	Z	B	E	K	■	T	R	I	O	■	■	■
M	I	E	N	■	S	A	N	D	L	O	T	■
P	T	A	■	A	P	R	E	S	■	V	A	T
■	I	N	K	B	L	O	T	■	L	U	K	E
■	■	■	A	L	I	T	■	W	O	M	E	N
R	E	G	R	E	T	■	S	A	G	■	■	■
U	V	E	A	■	P	O	L	Y	G	L	O	T
S	E	N	T	■	E	R	O	S	I	O	N	S
T	R	E	E	■	A	B	E	■	A	L	E	E

Sudoku

	7		5					
		1		8				7
		4		2	6	9	1	
		6						8
	3	7		9		2	6	
4						7		
	9	2	8	1		6		
8				4		5		
					3		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Batinski, Happy anniversary to the best batinski a belou could ever ask for! Love you lots! From **BELOUMABEAR**

Lora, Dump the bum & come with ME!!!!!!!!!! I will treat u right & rub your feet at night. Please look around & you will see From **ME**

Johnatha, Hey John, just wanted to say I miss chilling with you! We should hang out sometime eh :) From **ROBERT**

Karan, A very very HAPPY 22nd BIRTHDAY to a very special person. Wish you lots of love, luck and happiness in life for today and the many more birthdays to come. May this day be a memorable one for you. Life would not be the same without you. Love you so very much my baby. From **NS**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 11 Max 21°	Min 9° Max 19°	Min 4° Max 11°

Jenna Khan, Weather Specialist

BT BREAKFAST TELEVISION

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You know that if others would only listen to your advice everything would be fine.

♉ Taurus April 21-May 21 You can't stop people from making mistakes.

♊ Gemini May 22-June 21 Look at how fortunate you are and how many options are open to you.

♋ Cancer June 22-July 22 You can impose your will on others but you will achieve more if you meet colleagues halfway.

♌ Leo July 23-Aug.23 Compared to most people you've had it easy, so quit complaining and get down to some serious work.

♍ Virgo Aug. 24- Sept. 22 Today you could be misled by people who know how to push your emotional buttons.

♎ Libra Sept. 23-Oct. 23 Listen to and act upon what your inner voice tells you today.

♏ Scorpio Oct. 24-Nov. 22 Don't gamble with your health today.

♐ Sagittarius Nov. 23-Dec. 21 If someone tries to pressure you into making a quick decision tell them to get lost.

♑ Capricorn Dec. 22-Jan. 20 Watch out your emotions don't get the better of you today.

♒ Aquarius Jan. 21-Feb. 18 Flattery will get you a long way today.

♓ Pisces Feb. 19-March 20. Look at your fears for what they really are: phantoms of your imagination that should be ignored. SALLY BROMPTON

Caption contest

KYODO NEWS/THE ASSOCIATED PRESS

KATHY WILLENS/THE ASSOCIATED PRESS

WIN!

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